

Guardian Hockey Development teaches players to train like pros



Herald photo by Ian Cowie.



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Some of the best hockey players from Prince Albert are learning how to train like pros at the Guardian Hockey Development camps being held this week at the Art Hauser Centre.

Topics : [Guardian Hockey Development](#) , [Ottawa Senators](#) , [Prince Albert](#)

Kelly Guard, founder of Guardian Hockey Development, played professional hockey for six years with stops with the Ottawa Senators, Binghamton Senators and Charlotte Checkers.

Originally from Prince Albert, Guard said he has always wanted give back to the game that gave him so much.

“When I played, we didn’t have this kind of thing available in P.A., and I think it helps a lot with the development of young talent,” Guard said.

While playing for the Kelowna Rockets, Guard set multiple goaltending records for the Canadian Hockey League and won a Memorial Cup in 2004.

He said he aims to share his attention to detail and work ethic with his players through off-ice hockey development.

The camp started in 2005 exclusive to goalies; however, in the last couple years Guard has brought in a number of professional hockey players to offer camps for forwards and defensemen as well.

“I’ve brought in Gavin Holcomb, head coach and general manager of the Melfort Mustangs, and a couple of Raiders Rylan Parenteau and Andy Desautels.”

The camps combine strength and conditioning, functional movement and a lot of core and leg workouts to supplement players on-ice practise, Guard said.

The technical training camps for forward and defense are only open to Midget players, but the advanced goalie camp is open to Atom to Midget level players.

“Nothing ever comes easy in the sport,” Guard said. “There are so many goalies or hockey players ready to take your spot, so it’s important to learn to deal with the pressure and train like a pro.”

Matthew Campese, 15, and Lochlan Morrison were doing just that at the Art Hauser Centre on Friday. The two WHL prospects have been training at the Guardian Hockey Development camp since the middle of May, and they are starting to notice results.

"The main purpose of this hockey camp is just to get me in shape for the season, and to make sure I'm ready to perform at my best," Campese said.

"Kelly does a great job in doing what the pros would do with us, and I feel like me and Loch (Morrison) are really benefitting from it."

Campese was picked 49th overall by the Victoria Royals in the 2012 WHL draft.

Campese, son of Prince Albert Raiders' General Manager Bruno Campese, said he is looking to add another 10 to 15 pounds of muscle this summer to his 5-foot-10, 180-pound frame.

The left-winger notched 54 goals in 50 games for the Venice House Raiders Bantam AA team last season.

"(Guard) emphasizes leg strength, leg power and leg-quickness because that's what you need as a hockey player."

Players also work on a steady regiment of upper body, core and plyometric exercises.

Lochlan Morrison, 2012 Team Saskatchewan under 16 captain, said he really enjoys training at the Guardian Hockey Development camp because of the one-on-one coaching and friendly atmosphere.

"It's been really good," Morrison said. "You can see improvement in strength and speed, and Kelly does a really good job teaching us about how to train like a pro."

The 16-year-old Calgary Hitmen prospect said he hopes to utilize his improved strength and size to make the team's roster in the upcoming season.

Morrison finished last season with the Prince Albert Mintos with 26 points in 40 games. He was drafted 149th overall in the 2012 WHL draft by the Calgary Hitmen.

The next Guardian Hockey Development camp runs Aug. 19-22.

For more information, visit guardianhockey.com.